

# Grade Ruan Gazette

July 2018  
Vol. 32 No. 5



**Inside this month:**

**All our regular features, plus:**

**Affordable Housing  
Jackie Curnow obituary**

**Gig Club News  
Cornish Gig Comp report**

**90p**

**One copy free to each household,  
business and holiday let in the Parish**

RUAN MAJOR COTTAGE, RUAN MINOR, TR12 7LL.

# JUMUNJY

THAI CUISINE

EST. DEC 2012



**FREE HOME  
DELIVERY SERVICE**  
Ruan Minor, Cadgwith, Kuggar,  
Lizard Village & Mullion.

**OPEN**

**MON - SAT (5:00PM- 10:00PM)**

**TEL: 01326 291306**



**Full & Enlarged Menu**

**[www.jumunjy.com](http://www.jumunjy.com)**



## DATES FOR THE DIARY

Alternate Wed	Recycling: 4 <sup>th</sup> and 18 <sup>th</sup> July
Every 4 weeks	Mobile Library: Glebe Place 10.25am - 10.45am. 25 <sup>th</sup> July
1 <sup>st</sup> Sunday	Kennack Sands Beach Clean, 10am - 11am. 1 <sup>st</sup> July
2 <sup>nd</sup> Monday	Parish Council Meeting, Methodist Chapel, 7.30pm. 9 <sup>th</sup> July
3 <sup>rd</sup> Tuesday	Soup, Pasty & Pud, Methodist Chapel, 12.15pm. 17 <sup>th</sup> July
4 <sup>th</sup> Tuesday	Quiz in the Village Hall, 7.30pm. 24 <sup>th</sup> July
Mon & Thurs	Short Mat Bowling, Village Hall, 7.00pm
Tues & Thurs	Yoga at the Pavilion, 6pm. Led by Tanya Strike.
Every Weds	Clinical Pilates. 4.45pm - 5.45pm, Village Hall, led by Clare Girling.
Every Thurs	Market and Refreshments, Village Hall, 9.00am - 11.30am

### JULY (SEE "WHAT'S ON" FOR DETAILS)

1 July	Beach clean at Kennack Sands, 10am
5 July	Caribbean Summer Fayre, Grade Ruan School. 3pm - 5pm
7 July	Stanfest, Rec Pavilion. 11.30am - midnight.
7 July	Davey & Dyer Concert. Ruan Minor Chapel. 7.30pm
12 July	Fishing Competition, LSD
14 July	Folk Day. Cadgwith Cove Inn, midday till late.
21 July	Under 5s Summer Fair. Recreation Ground. 10am - 2pm.
22 July	Fun Cricket on the Rec, play starts 2.30pm
22 July	Garden Safari, from 2pm
24 July	End of Summer Term
25 July	Beach BBQ, organised by the Lights Committee, 6pm
26 July	National Trust guided walk round Poltesco. Meet in car park at 1pm.
26 July	Fishing Competition, Ballan Wrasse
28 July	Buller Day, Cadgwith Cove. From noon.

### ADVANCE DATES

1 August	Beach BBQ, organised by the Rec Committee
4 August	Top Field Car Meet, Trevedden Farm.
5 August	Vintage Rally, Trevedden Farm
8 August	Beach BBQ, organised by the Gig Club
9 August	Fishing Competition, Gurnard
12 August	Fun Cricket on the Rec
15 August	Beach BBQ, organised by the Lights Committee
16 August	Fishing Competition, Mackerel
19 August	Cadgwith Fishing Festival
22 August	Beach BBQ, organised by the Rec Committee
26 August	Cadgwith Regatta, weather permitting, otherwise 27 August
29 August	Beach BBQ, organised by the Gig Club
30 August	Fishing Competition, Heaviest Fish. Presentation Night.
1 September	MG Mania and Marine Watch
4 September	Start of Autumn Term
5 September	Cadgwith Book Club meeting
5 - 8 October	Cornish Drinks Festival, Cadgwith Cove Inn
10 October	Cadgwith Book Club meeting
13 October	Autumn Show
22 - 26 Oct	Autumn Half Term
14 November	Cadgwith Book Club meeting
17 November	Film Night in the Village Hall, more details nearer the time
1 December	Christmas Lights Switch-on
20 December	End of Autumn Term

## DISTRIBUTORS

Cadgwith	Shirley Lee
Cadgwith South	John Fallows
Chapel Terrace	Val Jane
Glabe Place	Arthur Coupland
Grade	Paul Penrose
Gwendreath	Nick Whittle
Higher Moor	Judith Heather
Kuggar	Ron Wilson
Ledra Close	Vicky and Max McClarity
Long Moor	Jill Thomas
Mundy's Field	Babs Hughes
Out Farms/Predannack	Jacqui Noonan
Penhale	Jane Trethowan
Poltesco	Jeff Lee
Prazegooth	Glynis Jordan
Ruan Major	Chris Hunt
St Ruan	Margaret Coates
Treal	Tim Basher
Treleague Cross	The Green family
Trelugga/Tresaddern	Tanya Strike
Village Centre	Janet Gascoigne
Subscribers and Retail	Judith Green

All houses (holiday lets and those that are permanently occupied) and businesses in the parish, should receive a free copy of the Gazette. If you are not receiving yours, please either speak to the person who delivers to your area, or contact David Gascoigne on 01326 290536.

## CONTRIBUTIONS

Please send contributions to the Editor's email address shown below. Paper contributions can be put in the Gazette Box at Ruan Minor Stores. **The deadline is the 18<sup>th</sup> of the month prior to publication.**

Articles may need to be split over more than one issue, and might be edited.

If you have a photograph, painting or drawing that could be used on the front cover, please send it to the Editor.

**Views and opinions expressed in submitted articles and letters are not necessarily those of the Editorial Team and Committee. The Editor reserves the right to alter submissions for length and / or diplomacy.**

See us online at [www.cadgwith.com](http://www.cadgwith.com) and on Facebook "Grade Ruan Gazette"

## ADVERTISING

Advertising in the Gazette is a great way of reaching everyone in the parish, and further afield. Approx. 590 copies are distributed every month and the rates are reasonable! A ¼ page is £5.50, a ½ page £9 and a full page £16.50 per issue, with 10 issues per year. A 10% discount is available if you pay for 10 issues in advance.

For more information, please contact Moira Hurst or Peter Martin.

## GAZETTE CONTACTS

Editor:	Moira Hurst 01326 290257 <a href="mailto:graderuan.gazette@btinternet.com">graderuan.gazette@btinternet.com</a> Linden Lea, Ruan Minor, Helston. TR12 7JL
Alternate Editor:	Sally Watts 01326 291395 <a href="mailto:graderuan.gazette@btinternet.com">graderuan.gazette@btinternet.com</a> Bryher House, Ruan Minor, Helston. TR12 7JT
Treasurer:	Peter Martin 01326 290566 <a href="mailto:pjanddlm@gmail.com">pjanddlm@gmail.com</a> 14 Ledra Close, Cadgwith. Helston. TR12 7LD
Printing:	Parish Magazine Printing. 01288 341617
Advertising:	Moira Hurst or Peter Martin, as above
Distribution:	David Gascoigne 01326 290536 <a href="mailto:janndave43@hotmail.com">janndave43@hotmail.com</a>
Subscriptions	£17.50 per annum Judith Green 01326 290118 <a href="mailto:judith@treleague.net">judith@treleague.net</a>

Over the Counter Sales: Peter Martin, as above

*The Gazette is a not-for-profit publication and is created and distributed by volunteers.*

# Noticeboard

We're into July and the nights are drawing in. But the summer holidays are yet to come and the events diary is full of things to do. I dare hardly say it, but the weather has been kind to us so far.

Last month, there was a piece about affordable housing, something of importance to everyone living here, where you personally need such housing or not. Unfortunately, there was a formatting error which made a nonsense of the last paragraph. The article has been reprinted in this issue, so please make a point of reading it - see page 22.

Don't forget that the next Gazette is a combined issue for August and September. If you have anything to go in, please make sure you hit the 18<sup>th</sup> July deadline, otherwise it will have to be held over until October.

Here's to a good summer.

*Moira Hurst*

**Happy Birthday in July** to: Josh Legge, Nigel Legge, Charlie Rudd, Sheri Rogers, Thomas Williams, Charlie B, Herbie Bray, Kenam Sagram, Maillie Rae C, Sarita Foord, Susie Jane Thomson, Mike Hardy, John Fallows, Jutta Watson, Andrea Betty, Verity F, Nigel Green, Robbie Green, Sade W, Nancy

S, Denise Williams, Mo Jones, Alan Thomas, Michael Halliday (a big 0, I think), Kevin Cryan, Di Fleetwood, Victoria Johnson, Richard (Skinny) Williams, Chrissie Etchells, Emma Trewin, Sarah Stephens, Amy J.

*From Ray Curnow:*

Ray, Lesley and Mark, Tracey and Jordan, Mark, Jenny, Steven, grandchildren and great grandchildren would like to thank everyone for the cards, thoughts and attendance at Jackie's funeral. Thank you also to Pendles, Stithians Male Voice Choir, Helston Football Club and Lesley Roberts.

*From the Phillips family:*

Arnold and all the Phillips family would like to thank everyone for the lovely cards, kind thoughts and attendance at Eileen's funeral. It was very much appreciated. We would like to thank the Pavilion Committee for hosting a lovely gathering afterwards.

**The Saint Xuan 200 Club**  
Save your beautiful 11th century Church  
*Information: Sheila Stephens 290583*  
The winning ticket in the  
June 2018 draw was  
Ticket no. 189, Brian Jenkins

---

## *Front Cover:*

Tony Halliday and Jeb Preston with the trophy awarded to Cornwall men's Veterans in the inaugural Tribute National County Championships. See page 3 for Tony's report.

# Sundays are fun days for all the family at the hotel

Let the kids swim and play in our indoor pool while you relax in the hot tub, or if the weather's warm, enjoy our seasonal outdoor pool while soaking up the spectacular coastline views.

With free Kids Club activities including pebble painting and scratch art to outdoor games, our cliff top swings and Pisky Trail, children of all ages will be entertained – giving you time to sit back and relax in our Vista Lounge or on the terrace after your swim.

- \* Sunday lunch and swim is available to non hotel guests between 12pm – 2.30pm
- \* 2 course lunch £16.50 per person
- \* 3 course lunch £23.00 per person
- \* Children's 2 course lunch £10.50 per child
- \* Enjoy delicious food and family fun - what a great way to spend a Sunday

## POLURRIAN<sup>\*</sup> Bay Hotel

To book call 01326 240421  
or email [info@polurrianhotel.com](mailto:info@polurrianhotel.com)  
Polurrian Bay Hotel, Mullion, TR12 7EN



T&C's Apply

# What's ON

## THE INTERNATIONAL CADGWITH COVE GRAND FISHING COMPETITION

12	July	LSD
26	July	Ballan Wrasse
9	August	Gurnard
16	August	Mackerel
30	August	Heaviest fish any species

*6 pm start      Presentation Night*



THE PAVILION @ RUAN REC

GRADE RUAN RECREATION GROUND

THE PAVILION @ RUAN REC



ROOTED IN THE COMMUNITY

*Bar Opening times*

*Fridays from 5pm*

*Saturdays from 4pm*


*Sundays from 4pm*

*Plus RMFC home games*

*and SPECIAL EVENTS*

**Everyone welcome**

***St Mary's Church, Cadgwith***



Everyone welcome

to our service at

St Mary's Church Cadgwith

**at 6 pm on**

**Sunday 15<sup>th</sup> July 2018**



Reg. Charity No. 225626

RUAN MINOR VILLAGE HALL

## **WHAT'S GOING ON AT THE VILLAGE HALL?**

### **THE THURSDAY MARKET**

The market is held every Thursday morning from 9 to 11.30am. Come along, browse our stalls for some superb purchases, enjoy a cup of tea or coffee, some toast, teacakes, or why not try our speciality 'The Village Hall Bacon Sarnie' and now we are serving fried eggs as well! If you prefer, just stay for a chat and catch up with local news.

Regular stalls include:

Art & Craft work	Jewellery & Accessories	Household Goods
Jams & Preserves	Cakes, Pastries, Foodstuffs	Cards & Stationery
Knitware & Quilting	Leggy's Pasties	Flowers & Plants
Bric-a-Brac	Needlecraft	Books

You can also try your luck on the weekly raffle to win one of the excellent prizes on offer and it's all to help raise money to keep the Village Hall thriving.

To book a stall or get further information, please telephone

**Liz Outten on 01326 290910**

**or pop** in on a Thursday morning to see what's going on.

### **SHORT MAT BOWLS**

Sessions are held on Monday and Thursday evenings at 7.00pm. It doesn't matter whether you're a beginner or seasoned campaigner, come along and have a go. It's only £1 per session and you get tea, coffee and biscuits thrown in. Spare bowls are available.

For more information call **Steve Griffiths on 290154**

### **QUIZ NIGHT**

Quizzes are held on the 4<sup>th</sup> Tuesday of every month and its fun for all the family. It's £1 per person including tea, coffee and biscuits or you can BYO if you prefer. The contest begins at 7.30pm. Any changes to dates will be notified on the Village notice boards.

### **SPECIAL EVENTS**

Check on the Hall and Village notice boards for details of the many special events held in the Hall throughout the year.

### **ARRANGING AN EVENT?**

Are you looking for somewhere to hold a party, a meeting, fairs, sales or bazaars, community events? We have ideal facilities to help you out and can also provide tables and chairs if required. Give us a ring and let's discuss how we might be able to help.

**For more information call Liz Outten on 01326 290910**

We are wheelchair friendly.



## Summer Beach BBQs

On the Slip at Cadgwith  
Each Wednesday  
25<sup>th</sup> July till 29<sup>th</sup> August  
From 6pm

Locally Sourced Fish,  
Including Mackerel, Tuna, Shark

Hot Dogs, Hamburgers,  
Cakes and Desserts  
Bar ~ Raffle ~ Music ~ Singing

A Great Time to be in  
Cadgwith!

## Folk Day Saturday 14<sup>th</sup> July

### Noon Till late

Come along to  
sing, play or  
listen

Cadgwith Cove Inn

## Howzat!

### Tim Hurst Memorial Cricket Matches At the Rec

Sunday 22<sup>nd</sup> July  
Sunday 12<sup>th</sup> August



**Players:** Come to the Rec at **2.00pm** to be selected for a team. It's open to players of all abilities, male and female, young (but over 10 please) and old.

**Spectators:** Play will start at **2.30pm**. The pavilion bar will be open. Bring a chair or rug and a picnic.

**The Rules in Brief:** Each team will bowl 20 overs (or more at the umpires' discretion). Each team member must bowl at least one and not more than three overs. Batsmen will be out when (if) they reach 25 runs. The umpires' decision is final.



If anyone would like to help with setting things up on the day, or if you want more details please contact:

Tim Birchmore 290670,  
Sam James 290276 or  
Moira Hurst 290257.



# R.E. Tonkin & Son

## Funeral Directors

*Family run & Independent*  
*Professional but personal service*

*Providing Golden Charter*  
*pre payment funeral plans*

*24 Hour service*

\*\*\*

Lender Lane, Mullion, TR12 7HW

Tel: 01326 240752

email: retonkinandson@yahoo.co.uk

## *Smugglers Fish & Chips*

Fresh local fish delivered daily

### Opening Hours:

4.30pm - 8.00pm

**25<sup>th</sup> May - 2<sup>nd</sup> June**

Open every day

**From 3<sup>rd</sup> June**

Open Monday to Saturday

Closed Sundays

Tel: 01326 290763

1 Kynance Terrace, The Lizard TR12 7NH



Grade-Room  
C of E School

# CARIBBEAN SUMMER

## Fayre

Thursday 5th July **3-5 pm**

In the school playground

- STALLS TO HIRE
- FUN & GAMES
- FOOD & DRINK

 Look for our event on facebook to hire a stall

# TELSTAR TRAVEL PRIVATE HIRE

Local transport for the  
Lizard & Meneage area

01326 221 007



GARDEN RESTORATION & MAINTENANCE  
FULLY TRAINED AT MERRIST WOOD IN ARBORICULTURE & HORTICULTURE  
LET US RESTORE YOUR GARDEN TO IT'S FORMER BEAUTY

ANY GARDEN SIZE WELCOME

&

WORK CONSIDERED

PHONE US FOR A CHAT ABOUT YOUR GARDEN

MOB: 079 84 64 96 98

TEL : 01326 29 05 86

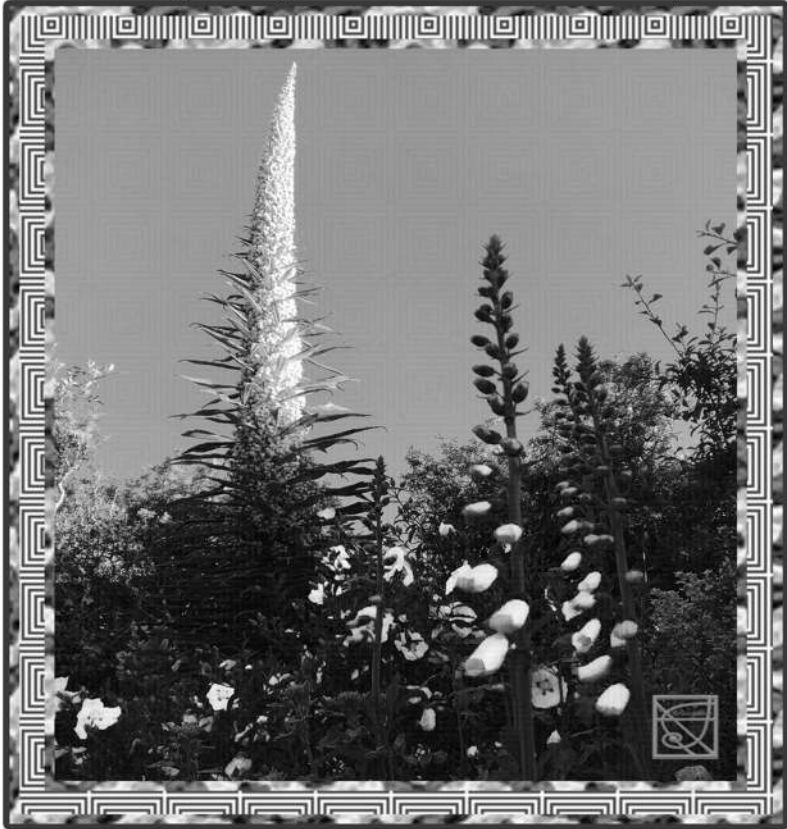
RUAN MAJOR, LIZARD



Saint Rumon with Saint Grada and Saint Mary's present their

# GARDEN SAFARI

Sunday July 22nd 2018 13:50-17:00



FOLLOW THE GUIDE TO ANY OR, ALL OF THE GARDENS

And finish with Cream Teas at

The Old Post Office Ruan Minor.

**ADMISSION FREE**

DONATIONS VERY GRATEFULLY RECEIVED

MAP GUIDES AVAILABLE SOON FROM RUAN MINOR STORES

# CHENPUMP UK LTD

THE PUMP DIVISION OF CORNWALL PUMP & MOTOR REWINDS LTD  
BOREHOLE DRILLING, WATER FILTRATION, PUMP AND ELECTRIC  
MOTOR SPECIALISTS

BOREHOLES \* WELLS \* PRIVATE WATER SUPPLIES  
SEWAGE PACKAGE STATIONS \* SWIMMING POOLS \* POND PUMPS \*  
MARINE PUMPS \* PH, UV, IRON AND UNDER SINK WATER FILTERS  
PRESSURE BOOSTING \* DIRTY WATER SYSTEMS  
HIGH PRESSURE JETTING \* SERVICE & MAINTENANCE CONTRACTS

ELECTRIC MOTOR REWINDS, SALES & CONTROL PANELS  
SITE & FULL WORKSHOP SERVICE

24hr Penzance 01736 330440  
St. Austell 01726 879579

info@chenpump.com

www.cpmr.co.uk

www.chenpump.com

A family company providing a professional service  
Branches in St Austell, Penzance and Plymouth



Your local drainage experts for:-

- CCTV Surveys
- Blocked drains
- Drain repairs
- Septic tanks
- Soakaways
- treatment plants
- & pump stations

Repaired, maintained & installed

Fully insured & insurance approved

Call Robin or Dean on

**Tel: 01726 824209**



## Crafty Slice

### Coffee Shop & Cornish Crafts

Mullion 01326 240381

Mon – Sat 9.30am til 5pm

Mondays Golden Oldies -  
Homemade Cakes

Gear Farm Pasties

Baker Tom Bread

Wednesday 5pm – 9pm Eat In  
or Takeaway Homemade Pizzas

What's ON - CONTINUED

**S U M M E R**  
**F A I R**

**Fun & Games**  
**Bouncy Castle**  
**Stalls\***  
**BBQ**  
**Cakes, Tea & Coffee**  
**Forest School**

**Saturday 21st July**  
**10am - 2pm**  
**On The Rec**  
**All Welcome**

**f** Find our event on facebook or contact the GRUS's for details on hiring a stall.



Holiday cottage to let?  
**Cadgwith Cove Cottages**  
is your local friendly professional  
holiday property letting agency.



We offer:

- The most competitive commission rates around
- Excellent knowledge of the area
- An office team always on hand
- A desire to offer a good service to owners and visitors alike

Most of our visitors return year after year and so, if you have a holiday cottage, why don't you give us a call and we can give you information and advice with no obligation.

Debbie Collins

Tel: 01326 290162

e-mail: [info@cadgwithcovecottages.co.uk](mailto:info@cadgwithcovecottages.co.uk)

Website : [www.cadgwithcovecottages.com](http://www.cadgwithcovecottages.com)

## KUGGAR STOVES (01326) 573643

St John's Business Park, Helston

Over 60 display  
models including

VILLAGER

HUNTER

STOVAX

AAROW

JOTUL

YEOMAN

at unbeatable  
prices



Glass  
Supplied  
For All Stoves



Closed  
All Day Sunday

**9am-5pm Weekdays 9am-1pm Wednesday 10am-2pm Saturday**





## Celebrating the Lizard's Heritage

### Shipwrecks, signals and an undersea bell

*Tuesday 24th July 10am*

Join the National Trust for a stroll around Lizard Point. Hear tales of shipwrecks, dramatic rescues and a rich history of communications, from semaphore to ground breaking radio, plus the strange story of the undersea bell! Ends with a tour of Lizard Wireless Station. Meet at Lizard NT car park, opposite lighthouse entrance TR12 7NT. £3 pp. Additional parking charges for non-members. Booking not necessary. 10am start ~2hrs.

### Poltesco - pilchards, mills and serpentine

*Thursday 26th July 1pm*

A guided walk with the National Trust around Poltesco, now a delightful secluded wooded valley but once home to a thriving Victorian polished stoneware factory, fishing cellars and mills. Tour the ruins with us, and discover the valley's varied past. £3 pp. Booking not necessary. Meet Poltesco carpark near Ruan Minor TR12 7LR 1pm start ~2hrs.

Visit [nationaltrust.org.uk](http://nationaltrust.org.uk) [www.facebook.com/LizardNT](http://www.facebook.com/LizardNT) 01326 291174

*Christophers*

**INDEPENDENT ESTATE AGENTS  
SUCCESSFULLY SELLING HOMES ON THE  
LIZARD PENINSULA AND SURROUNDING AREAS**

***“we will get you moving”***

If 2018 is the year for a move please do not hesitate to contact us for a free, no obligation Market Appraisal. Or if looking to purchase a property and would like to be added to our mailing list.

**MULLION (01326) 241501 HELSTON (01326) 565566  
PORTHLEVEN (01326) 573737**

**WEBSITE [www.christophers.uk.com](http://www.christophers.uk.com)  
[www.rightmove.co.uk](http://www.rightmove.co.uk)**

**Email [sales@christophers.uk.com](mailto:sales@christophers.uk.com)**

# R H JANE & SONS LTD

## Painters & Decorators

The Orchard, Cadgwith, TR12 7JU



### Telephone:

01326 290464

01326 290700

07976 928663

07970 100480

Walled  
Garden Spa

## Walled Garden Spa

In the grounds of Treloarwarren

Special Offer

for local guests

Full Spa Day

£55 (normally (£65)

Treatment, swim, lunch.

Call 01326 221224 to book.

[info@treloarwarren.com](mailto:info@treloarwarren.com)

[www.treloarwarren.com](http://www.treloarwarren.com)

# Leggy's Pasties

Gwelmor, Ruan Minor

Telephone: Christine Legge

Home: 01326 290683

Mobile: 07976 511317

Cooked or Uncooked Frozen Pasties  
made to order

Opening Hours

9am - 1pm Tuesday to Saturday

(Closed on Mondays throughout the winter)

Evening bakes Thursday and Friday

GRADE RUAN PAVILION BAR AND REC...  
OVERLOOKING CADGWITH COVE

# STANFEST

SATURDAY 7<sup>TH</sup> JULY 2018

FAMILY FRIENDLY SUMMER FESTIVAL

BILLE ALDERMAN

VOOGA DEN

DISK AT DAWN'S

BENJI MATTHEWS  
(FROM Y. FACTORY)

THT WITH RUINARTE AND THORNE

BOBBY'S HELMET

11.30am til midnight

Tickets available from Ruan  
Minor Store & Post Office

£9.00 per adult  
(accompanied children under  
14 go free)

TICKETS AND INFO AT

 CORNISHSTANFEST

# J & L Garden Machinery Repairs & Servicing

Proprietor: John George

Providing service and repairs for all makes and models  
of petrol-driven garden machinery.

I also supply new garden machinery inc. mowers, ride on mowers,  
strimmers , chainsaws etc



- ★ Collection and delivery
- ★ Reasonable rates
- ★ Breakdown call-outs
- ★ No job too small



Tel: 01326 240617 Mob: 07790 276060



*Cornwall in a Glass*

Tel: 01326 290908

*Britain's most  
Southerly Brewery*



Cornish Chough Brewery  
Trethvas Farm, The Lizard  
Cornwall TR12 7AR  
cornishchoughbrewery@hotmail.co.uk



## Davey & Dyer Concert

Neil Davey and Jen Dyer are leading  
Cornish Traditional Musicians

This will be a magical evening of Cornish Celtic music including  
Reels, Jigs and heart meltingly beautiful slow pieces

This is a concert not to be missed

Sales shared between the performers and the Chapel

## Ruan Minor Chapel

Saturday July 7<sup>th</sup> 7:30 pm

Tickets £8 concessions £5

At the door on the night or to reserve phone Debra 01326 290 577

Refreshments served after the concert

## AFFORDABLE HOUSING

The Community Land Trust has been working now for four years to get some more affordable houses for people with strong local connections. We know the need is still high as there are nearly 40 local families on the Homechoice register operated by Cornwall Council, and about 20 of those are people who require a small, single bedroom home. We also know that buying an open-market house is out of the question for most local families. The average house price is now about *nine times* average annual wages. It's probably worse than that here as we continue to be hit by the demand for second homes and holiday lets.

After the excitement of getting planning permission for our six new homes (four one-bedroom and two two-bedrooms) in Ruan Minor, we are working flat out to get tenders for contractors so that we can actually start building. Our next big headache is raising the finance to pay for it. We're still sure of getting the £257,198 that Cornwall Council are holding on our behalf, but the rest we'll have to borrow on a commercial bank loan.

Unless, that is, we can find other sources of funding. Are there any generous citizens out there who might be interested in giving us a donation or a long-term loan? The less we have to borrow, and pay interest on, the lower we'll be able to make the rents. Every pound we raise will go towards our goal of local houses for local people. If you have any questions, or would like to discuss anything in strictest confidence, please contact either our chairman, Paul Collins, on 290754 or our secretary, Peter Freeman on 200642.

## ***Gryphon Computer Support Ltd***



- On-site (home or office), telephone and remote support for PCs and Laptops
- Virus Removal & PC Security Advice
- Resolving Internet & networking problems
- Supply of quality PCs and Laptops
- PC Repairs
- On-line and off-line backup services
- Custom software development using Microsoft Access

Recently relocated to Ruan Minor, we have been helping individuals and small businesses resolve their computer problems for over 20 years. We have developed Microsoft Access applications for many companies, both locally and nationally, including A&P in Falmouth.

**For PC help or advice ring Bob on 07442 491921**

For more information visit our website: <http://www.gryphoncs.com>

## Jackie Curnow

1949 - 2018

Jackie was born into a military family in Salisbury in 1949. Her father was posted overseas whilst serving in the Army. Jackie often recalled memories of being on board ship travelling to Hong Kong and Germany and even going across the equator twice.



Jackie move to Cornwall with her family in 1964 and lived in Penhallick near Coverack. Jackie met Ray in 1968 whilst working in Ped-n-vounder restaurant near Coverack.

Jackie and Ray lived in Helford with Lesley and Tracey before moving to Ruan Minor in June 1971. Mark was born in 1976, completing the family.



Jackie made lots of friends and had many interests over the years, including singing in St. Keverne Ladies' Choir, playing bowls at the bowls club in Ruan Minor and she enjoyed tapestry, knitting, jigsaw puzzles and crosswords.

Jackie enjoyed a good party and even played the guitar and an Irish Bodhran drum whilst singing along with everyone. She also enjoyed a good dance. Jackie enjoyed her grandchildren and in the last few years enjoyed welcoming her four great grandsons as she loved having a good cuddle with all babies.

### **ROCKSOLID LANDSCAPES & PROPERTY MAINTENANCE**

**all aspects of**

**Landscaping, Gardening & Property Maintenance**

**phone 07716942510 / 07925590797**

**rocksolid.landscapes@gmail.com**



# The Watch House



## Cadgwith's Ice Cream & Gift Shop



Fresh Bean to Cup Coffee  
NOW AVAILABLE IN  
New Reusable Bamboo Cups  
Hot Drink Refills at a reduced price

Don't Forget -  
Hot Cornish Pastys,  
Take-Away Sandwiches &  
Sausage Rolls

Drinks and Sweets

Try our New Ice Cream Flavours

White Chocolate & Raspberry, Tutti Frutti,

Banana Split with Pecan Nuts

Don't Forget our Local Products -

Watch House Designs, Artwork, Jewellery,

Fudge & Biscuits, Halzephron, Cornish Sea Salt

NEW Souvenirs & Beach Toys

Fine Selection of Wines, Beers & Ciders



Open 7 Days a week

Tel No: 01326 290365

Facebook - The Watch House

Email: [shop@thewatchhouse.co.uk](mailto:shop@thewatchhouse.co.uk)



## **Cadgwith Pilot Gig Club news**

### **Socoa**

We have been discussing as a Committee over the last year or two how we best look after our boats for the future. Every Cadgwith boat has an important history and many memories attached to each of them, and we are very aware of this, and also the community wide efforts over the years put into fund raising for them..

One option proposed recently would be to consider selling Socoa (to another Gig Club) so that we can focus all our effort on maintaining Buller, Rose and Tamarisk as our 3 main Gigs. Socoa is the heaviest and slowest boat we have, and doesn't get in the water that often which in turn creates problems from her being sat in the shed. We recently went through all the original Committee meeting Minutes and discovered that within 2 years of having been built and bought in 1990, the Committee at that time had taken the decision to sell her and start fundraising for a new boat (Rose arrived in 1994) and afterwards the sale of Socoa never actually happened despite various expressions of interest from clubs.

If we did decide to sell Socoa, all the funds would go towards the refurbishment of Rose we are planning in order to keep her as our main competitive Gig for local Regattas. Tamarisk would stay as our best racing Gig reserved for Scilly Championships and Buller Day, and Buller (who was re-fitted not so long ago) would give us 3 boats we can look after for the long term, and reduce our maintenance efforts and costs significantly.

Salty (our plastic training Gig) has allowed us to keep a boat on the beach without a huge amount of maintenance, which in turn has helped more rowers (especially Juniors) get involved with the Club more easily.

We would really appreciate it if anyone has any opinions or thoughts on the proposal above regarding Socoa to get in touch please. We'd be grateful if you could let us know by contacting Brett Jose on 07966019525 before the end of June, as we hope to take a decision through a formal vote with all the information to hand at the July Committee meeting.

Thank you for your support.

*Cadgwith Pilot Gig Club Committee.*



# Recreation Ground News



See us on Facebook:  
"Grade Ruan Recreation Ground"

It seems like a long time ago now, but we had a really good May Festival! The weather was good (mostly!), the bands were good and there were lots of people every evening and Sunday afternoon. This year, we were able to keep costs down by using the Rally marquee (kindly loaned), instead of hiring a "wedding" marquee, also having the smaller marquee to link to the bar worked really well. Because we already carry significant stocks for the bar and any "left-over" will get sold eventually, it's a little difficult to give a precise figure for the funds raised - but my estimate is about £2000 added to Recreation Ground funds for further improvement works and ongoing maintenance of the grounds and Pavilion. Probably our most successful May Festival for a few years now! Of course, we couldn't have done it without our usual army of volunteers - I won't name names (I already have done on facebook and in the local press!), but we rely on people volunteering to help out every year - and could always do with more people on our list!

RMFC held their Presentation evening recently (followed by our "resident DJ" - Nick Dalton - AKA "Late Developer") - celebrating promotion to the next league - so well done RMFC! There is also talk of starting a "Sunday League"

team.

We held our AGM on the 13<sup>th</sup> June. Thank you to everyone who attended, including some new faces.

Our committee is now made up of: Mike Fleetwood, Stevyn Collins and James Bosustow appointed by the Parish Council, Wayne Briggs appointed by RMFC and Wayne Harriman, Nigel Green and Gary Pollard elected from the others present. The Officers of the committee are: Chairman - Mike Fleetwood, Vice Chairman Wayne Briggs, Secretary Gary Pollard and Treasurer Stevyn Collins. We also elected, from the committee members, four trustees: Nigel Green, Mike Fleetwood, Stevyn Collins - with one vacancy to be filled shortly. Claire Harriman was not present, but offered to join the committee and to be the fourth trustee.

As I mentioned last month, we have purchased a second-hand commercial extraction system for the kitchen - My son and I collected it from the Eden Project a few days ago, so that's ready to be installed. We are working to finalise what else needs to be bought and installed to get the kitchen functional and compliant with all necessary regulations - hopefully to be completed by the end of the Summer. We should be digging holes in the football pitch soon - to improve the drainage, and to build up some of the low spots - that tend to hold water - so we hope not to have to call off any matches next season!

cont.

There're a few forthcoming events (some will have already happened by the time this magazine is published!). There's a big wedding at the end of June, a privately organised one-day festival "Stanfest" early July and we have the Wessex Pistols joining us on Saturday evening 18<sup>th</sup> August. On top of that, yoga classes continue on Monday, Tuesday and Wednesday evenings, and you will have seen some Pilates classes advertised for Wednesday mornings. Then, there's the World Cup! We are open Friday, Saturday and Sunday evenings from 4

or 5pm with all matches shown on TV, we are also open for all the England matches whatever day/time they are! After the World Cup ends, we will continue to open EVERY Friday, Saturday and Sunday evening (see our advert in this magazine), and will also be open for any other Recreation Ground activities, such as cricket matches and parties.

I think I'm running out of space now! Many thanks for your continuing support.

*Mike Fleetwood, Chairman.*

**Local B & B Accommodation**



**CHYHEIRA, RUAN MINOR**

Jayne and Roy Smith 01326 290343  
info@chyheira.co.uk www.chyheira.co.uk

**UNDER NEW MANAGEMENT**



**CADGWITH COVE INN, CADGWITH**

Garry and Helen Holmes 01326 290513  
garryandhelen@cadgwithcoveinn.co.uk  
www.cadgwithcoveinn.com  
Facebook: cadgwithcoveinn

**DOG FRIENDLY.  
ONE NIGHT  
STAYS WELCOME**



**HILLSIDE, CADGWITH**

Joanna Aplin 01326 290192  
joannaaplin@aol.com  
www.cadgwith-hillside.co.uk

**STUNNING  
SEA VIEWS  
FROM  
HOUSE**



**NEW THATCH, RUAN MINOR**

Francesca and Simon Herbert 01326 290957  
francesca@newthatch.co.uk  
www.newthatch.co.uk

# *Rector's Ramblings*

One of my greatest joys at this time of year is to observe the variety of birds visiting the bird feeder pole in front of my study window. Fraught parents are desperately trying to gather enough food for their hatchlings. Meanwhile their ever-hungry 'teenager' fledglings are still demanding food and sustenance from hard-pressed parents, despite being perfectly capable to forage for themselves (does that sound familiar?!).

But amongst the finches, the woodpeckers, blackbirds, house and hedge sparrows, blue, cole, great and long-tailed tits, feisty goldfinches and gentle collared doves, the ubiquitous and noisy rooks, there is one little male chaffinch with a gammy leg who comes to the feeder pole. I've named him 'Gammy'.

I can tell it's him because he has to flap his wings really hard just to be able to land - on his good leg - on the top of the feeder pole. He waits and watches whilst the other birds feed and who, in their feeding, drop all sorts of goodies on the ground. Then, with what must be a (one-legged) leap of faith, Gammy flaps down to the ground and is able to feed, to be nourished and to be re-energised.

Most of the other birds seem quite happy with this arrangement. But there are one or two bullies – notably two other male chaffinches – who are quite aggressive towards Gammy, and they shoo him away. Meanwhile, *all* the birds are wary of the sparrow-hawk who regularly patrols Rosenithon.

One of my other great joys at this time of year is to see all the many visiting families who come down to the Lizard on holiday – for a time of rest and renewal; for a time of healing and reconciliation; for a time to be nourished and re-energised by the beauty of God's creation which is here in Cornwall.

Visitors come to find respite, to escape the aggression, the bullying and the predators who, it seems, try to dominate our world today. Some come here to seek healing: of sad memories; of tragedies and traumas that they have suffered - which most of us cannot even begin to imagine – which is why 'Cornwall Hugs Grenfell' is such a wonderful initiative. God bless 'Cornwall Hugs Grenfell'.

Jesus said: "Come to me all you who are weary and burdened, and I will give you rest." (*Matthew 11:28*). So if you are a visitor to Cornwall, I hope that *you* will find rest, nourishment, healing and peace during your stay – and a warm welcome too! (Jesus also said: "Whoever welcomes one of these [little children] in my name welcomes me; and whoever welcomes me welcomes not just me but also my Father." (*Mark 9:37* )

Blessings

Revd Deirdre

deirdre.mackrill@btinternet.com



# Church Services



## Church of England Services

### July 2018

Sun 1st	Morning Praise, St Ruan Church	11.15am
Sun 8th	Holy Communion, St Ruan Church	9.30am
	Evensong ( <i>BCP</i> ), St Grade Church	6pm
Sun 15th	Family Service, St Ruan Church	11.15am
	Evening Praise, St Mary's Church, Cadgwith	6pm
Sun 22nd	Holy Communion, St Ruan Church	9.30am
<b>Sun 29th</b>	<b>United Benefice Service, St Keverne Church</b>	<b>11am</b>

Contact details for St Ruan Church, St Grade Church and St Mary's Church:

The Revd Peter Sharpe, Priest-in-Charge	280999
The Revd Deirdre Mackrill, Associate Priest	281178
Churchwarden, Sheila Stephens	290583
Church Treasurer, Revd Peter Sharpe	280999

## Methodist Services

**Rev'd Fran Lane 01326 240200**

Service at 11.00 a.m. Each Sunday

## Roman Catholic Mass Times

Sunday 9.00 a.m. at St. Mary's Helston

Sunday 11 a.m. at St Michael's Church, Mullion

Resident Priest - Fr. James Courtney O.S.B.

Email: [helston@predtr.org.uk](mailto:helston@predtr.org.uk) Phone: 01326 572378

Emergency Contact: 07771507875

Other information can be obtained from at  
[www.falmouthcatholicchurch.org.uk](http://www.falmouthcatholicchurch.org.uk)



## Ruan Minor Football Club News



See us on Facebook:  
Ruan Minor Football Club”

RMFC presentation Award Night took place on Saturday 16<sup>th</sup> June and this Season Awards went as follows: Top Goal Scorer - Matty Shaw, Clubman - Michael Roberts, Players Player - Jack Harris, Managers Player - Ben Wormington, Most Consistent Player - Dale Cummings, Goal of the Season – Chris Collins, The Peter Hickey Award - Charlie Cheetham, and Josh Legge – RMFC Football Golf Winner.

We would also like to say a special thanks to **Mike Fleetwood** – Chairman of the Recreation Ground for his continued support in RMFC, **Chris Jumunjy Hunt** for the amazing action pictures and **Sarah Legge** for all the delicious food on match days and to thank all our sponsors and helpers for supporting RMFC this season.

Many thanks.  
Gary & Wayne

### **Photos by Chris Hunt**



Above: Danny and Annabelle Hickey with Charlie Cheetham, winner of the Peter Hickey award.



Above: Gary Pollard, Jack Harris - Players' Player - with Nigel and Stephen Green of Treleague Dairy.



Right: Gary Pollard, Matty Shaw - Top Goal Scorer - and Wayne Briggs.



*Left:* Sarah Legge and Josh Legge - winner of the Football Golf.



*Above:* Dale Cummings - Most Consistent Player - with Claire Bollard from The Store, Ruan Minor, and Gary Pollard.



*Above:* Ben Wormington - Managers' Player, with Simon Herbert from New Thatch.



*Above:* Michael Roberts - Clubman - with Christine Legge of Leggy's Pasties.



*Left:* Michael Halliday with Chris Collins, winner of the Goal of the Season award.

*Right:* Michael Halliday, RMFC President, speaking at the Awards Ceremony.



# Landrivick Farm

## Beef Box

Home Bred

### Pure South Devon Fresh Beef

Each box includes:

3 - 4 roasting joints

Sirloin steaks

Rump steaks

Chuck steak

Mince beef



## Pork

Home Reared

Each half includes:

Shoulder joints

Leg joints

Pork chops

Sausages (skins optional)

Belly pork (sliced or joints)

or, if preferred, extra Sausages

A quarter of a pig is also available

Please phone for prices



Landrivick Farm, Manaccan, Helston, Cornwall. TR12 6HX

Tel: 01326 231686



**Move Well**  
Soft Tissue Therapy

More than 'just' sport and remedial massage



Injury assessment and rehabilitation  
Advanced massage/soft tissue techniques  
Remedial exercise and advice  
Pre/post event sports massage  
Rock taping  
Improve posture and function



Katie Evans (BSc Hons; BTEC level 5; IRSM; STA)  
[www.movewellsofttissuetherapy.co.uk](http://www.movewellsofttissuetherapy.co.uk) fb; twitter; instagram

Based in a lovely rural setting in Breage 07971 294554





# Grade-Ruan Under 5s



We are well into the final half term of the school year; it has been a busy year with lots of changes implemented to boost our provision. We thank everyone who has supported us with the changes and helping to fundraise so we can provide new opportunities and resources for the children of the Parish.

The children have enjoyed exploring our new shared school garden. We have spent some time in there preparing our new mud kitchen area and digging for worms and mini beasts!

Our 4 big children have settled well into their transition days at school and have many a tale to tell us on Fridays.

We have limited spaces left for 2, 3 and 4 years from September; remember we are able to offer the 2yr old funding as well the 3 and 4yr old.

Exciting news!!

From September we will be able to offer childcare for under 2's also! We can accommodate babies from 3mths of age. We will have a separate space for our under 2's and will also have use of another room within the building.

Please get in touch for further details and keep an eye out for our new posters that will circulate very soon.

We will also be holding an open morning to show our new resources to accommodate the under 2's. Keep an eye on our social media site and look out for posters with more info.

A BIG thank you to all those that sent us a postcard from your travels. We have enjoyed looking at the pictures and working out where it could be and how you got there.

Remember our Summer Fayre will be held on the Rec on Saturday 21<sup>st</sup> July - more details to follow - all welcome!

Thank you for your continued support.

*Melissa Hudson.*

**Tel: 07581 356591**  
**Cadgwith Cove Cabs**



**Ex Cornish Fisherman**  
[www.nuttynoh.co.uk](http://www.nuttynoh.co.uk) martinellis2012@hotmail.co.uk

**From**  
**Ruan Minor/Cadgwith**

NEWQUAY .....	£80
TRURO .....	£60
RED/PZ/FAL .....	£45
PORTHLEVEN .....	£25
HEL/GOV .....	£20
MULLION.....	£15
LIZARD/CADG .....	£10

**DOGS FRIENDLY**  
**HEAR ME SING**  
[www.youtube.com/watch?v=CSJF2ktSEbs](http://www.youtube.com/watch?v=CSJF2ktSEbs)

# SOUTH WEST THATCHING

**Jack Stiles and Toby Marr  
Master Thatchers**

**Jack on The Lizard 07974 591190**

**Toby at Penzance 07917 396114 – 01736 362430**

**Email – [info@southwestthatching.co.uk](mailto:info@southwestthatching.co.uk)**

**[www.southwestthatching.co.uk](http://www.southwestthatching.co.uk)**

**Follow us on Facebook and Twitter**

**We are truly passionate about our trade and seek to go that extra mile to deliver what we and many others believe to be the highest standard of thatching in Cornwall. We look past the run down attire of the roof which is essentially compost in its dying days and work to transform the thatch into some of our finest work yet, questioning at every stage how we can improve the design, shape or style to suit the individual buildings heritage.**



## **Cornish Pilot Gig Mixed Crew Championships Tribute National County Championships**

This year saw both the return of the Cornish Pilot Gig Mixed Crew Championships and the inaugural Tribute National County Championships at Saltash on Saturday 9<sup>th</sup> June. Clubs from all over the South West competed in various mixed categories ranging from under 15 to over 50. There was local representation in the Mixed Supervets with Jeb and Judith Preston competing against some 18 crews including one containing myself (all from this Parish....). The Prestons' crew emerged victorious winning their final race and the category, I had to settle for fourth place....

In addition to the main mixed event a number of inter county races were held with crews from Cornwall, Devon, Somerset and the Bristol area competing in U18, Open and Vets categories for both men and women's crews. This is the first year that this particular competition has been held and whilst Cornwall won every category there was some fierce competition between the Counties within some of the races. The Men's Vets was a very tightly contested race and even after 15 minutes of flat out competition only about one boat length separated the top two crews. Myself and Jeb were privileged to both be rowing in the winning Vets crew and thoroughly enjoyed the experience in spite of it being run in addition to the three other races we'd had that day. Our team mates came from clubs across the county including Fowey, Caradon and Roseland. Whilst we all brought individual rowing styles into the boat, we all had a collective desire not to let each other and the county down and ensure we targeted the clean sweep of winning every race.



The Vets crew rowing to the start line

Thanks to everyone who "liked" or wrote supportive comments when I posted news of our win on Facebook.

*Tony Halliday*



### **"Stitch & Sew"**

**Ladies & Gentlemen's garment repairs & alterations  
(zip replacements, shortening & hemming etc.)**

**Curtain making & hemming**

**Now located in Ruan Minor.**

**Contact Lorraine on 01326 291226 or**

***lorrainewickens3@gmail.com***

# CADGWITH COVE GRAND FISHING COMPETITION

## Flatfish Competition - 31 May

Ahoy there, one and all. Well, summer is here and the first of the Thursday night competitions got under way to the familiar sound of Steve Holyer's "horn". Bang on 6.30pm, the boats sped off to see who could bag the biggest plaice. On a fine evening everyone's hopes were high, armed with sandeel, ragworm and all manner of shiny things to tempt the nominated species.

The boats returned to the Cove at a little after 8.30pm with boxes and gas being brought up to the Winch House for the weigh-in. The crowd gathered and waited with baited breath as the fish were weighed and their weights recorded. After much ooing and aaaaing, the winner was announced. "Big Jim" Hammill was top dog with a fine plaice of 1lb 6 $\frac{3}{4}$ oz. A close 2<sup>nd</sup> was John Benwell with 1lb 5 $\frac{1}{2}$ oz, 3<sup>rd</sup> was Edgar Carter with 1lb 1oz and 4<sup>th</sup> spot went to Steve Holyer at 1lb  $\frac{3}{4}$ oz.

Top Junior was Jamie Trewin, runner-up was Seth James - well done to them.

Many thanks to the sponsors Last Stop Tackle Shop at the Lizard and Lizard Tackle and Bait at Predannack. Many thanks to Norma, Helen, Geoff and Keith for all the work before, during and after the competition and to Alison for presenting the prizes.

Tight lines for now.

*Richard "Skinny" Williams*

---

## Pollack Competition - 14 June



Photos by Chris Hunt



## The Old Cider Barn Arts and Crafts Centre

Predannack, Helston TR12 7AU Tel: 01326 241309

Open 11 am - 5 pm daily

Dogs Welcome, free tasting, 3 rooms, ciders, wines, deli

Large selection bric-a-brac & wool

*Knitting and crochet group on Thursdays 2pm - 4pm  
free, all welcome*



**Fully insured, trained, experienced, local Tree Surgeon and Consultant**

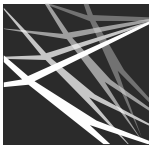
- Complex / large tree removals
- Pruning
- Emergency call out 24/7
- Planting & aftercare
- Surveys, inspections & reports
- Firewood and mulch/woodchip
- Portable milling planks/beams
- Large hedge trimming

**Call or email Liam for a free quotation**

**07791540207    01326 290961**

[TreeServicesCornwall@gmail.com](mailto:TreeServicesCornwall@gmail.com)

[www.TreeServicesCornwall.co.uk](http://www.TreeServicesCornwall.co.uk)



## Helston Physiotherapy Practice

Helston Physiotherapy Practice is a team of Chartered Physiotherapists who understand the effects of pain and injury on the body. We provide a range of proven treatments to relieve symptoms and ease movement.

*Specialist treatment on your doorstep*

**We provide treatments for:**



- Back & sciatic pain
- Neck pain & whiplash
- Shoulder pain
- Sports related injuries
- Post surgery rehabilitation
- Work place injuries
- Women's health
- Reduced balance

**Telephone 01326 561 012    [www.hppcornwall.co.uk](http://www.hppcornwall.co.uk)**

Email [enquiries@hppcornwall.co.uk](mailto:enquiries@hppcornwall.co.uk) 11A Water Ma Trout Industrial Estate, Helston TR13 0LW



# QUIZ NIGHT NEWS

May's Quiz saw five teams battle it out for the monthly trophies; alas some teams were on holiday but the battle was hard fought. Lorraine took control of the questions, giving a selection on TV and Doctors, even musical instruments and of course with the royal wedding we had a royal themed round. Just us 5 +2 chased the fox and hounds hard but came up short on musicals and the Scilly old fools went from topping the leaderboard in April to holding it up in May,

See you all on the fourth Tuesday of the month - there is always room for more if you are up to the challenge.

## Results

1 <sup>st</sup>	The Fox and Hounds	72.5pts	4 <sup>th</sup>	The Cliffhangers	65.5pts
2 <sup>nd</sup>	Just Us 5 +2	68.5pts	5 <sup>th</sup>	The Scilly Old Fools	59.5pts
3 <sup>rd</sup>	Universally Challenged	67.5pts			



# Norbert Varga

## Domestic Electrician

- Rewires, New Builds, Extensions
- Consumer Unit Upgrades
- Showers, Cookers, Heating
- Socket & Telephone points
- Internal / External lighting
- Testing & Inspecting
- Computer networking

FREE QUOTATION

Tel: 01326 241 657  
Mob: 07496 067 325  
E-mail:  
varga\_norbert1984@yahoo.com



# MULLION MECHANICS

## FULL WORKSHOP FACILITIES

- \* SERVICING TO ALL PETROL & DIESEL VEHICLES
- \* AIR-CONDITIONING SERVICING & REPAIRS
- \* ECU & ABS FAULT CODE READING
- \* GENERAL VEHICLE REPAIRS
- \* MOT REPAIRS
- \* EXHAUSTS

**01326 240620 or 07977 596366**



Maryam Best MA, MBACP (ACCRED)  
Registered  
Counsellor/Psychotherapist.  
Qualified Clinical Supervisor.  
Practising since 1994.



## MARYAM BEST COUNSELLING AND PSYCHOTHERAPY

FACE TO FACE, ONLINE OR BY POST

Your personal concerns matter.

We have one life and deserve to live it well.

Counselling and psychotherapy per full session:

*Individuals £40; couples £50*

Supervision/Consultation per hour:

*Face to face from £40; Online from £36*

*Email:* [maryamsafemail@aol.com](mailto:maryamsafemail@aol.com)

*Phone:* 01326-290690

*Web:* [counselling-directory.org.uk](http://counselling-directory.org.uk)  
[itsgoodtotalk.org.uk](http://itsgoodtotalk.org.uk)





# Gardening in July

*by David Endean*

Well we are half way through the year now and this is much more of a pottering month for the garden. It is hard to believe it really but, after such a wet snowy winter and early spring, we really have not had much rain for the last two or three months and stress signs are now beginning to show around the garden.

This month is mainly going around the garden with the secateurs and a watering can. All your pots and tubs require daily watering, generally traditional pots have a ridge just below the rim of the pot and this is the level you fill the compost up to. The space left is for when you water - if you water to the rim this is enough to saturate the pot. It is worth remembering that it takes an inch of rain to penetrate 9 inches in worked soil. That is a lot of rain therefore do not be fooled that because it rained that your pots do not need water, we are in the hottest months now and evaporation is fast.

Many lawns are beginning to show signs of the hot weather. Do not waste water on them, but do raise the blades on the mower slightly. This will catch more overnight dew if there is any and shade the soil and roots a little more to help keep it greener; it will also reduce the strain of trafficking over it. Do mow as this will take off the weed seed heads and give the lawn a more even finish. I know most of us have little more than a patch of grass but a little care of it and some edging will make the garden look much more cared for.

As for the plants in your borders: if they are established perennials I would let them cope without extra water but anything that you have planted this year is likely to benefit from a can full of water once a week in the hot weather. Whilst you are in the borders, use your secateurs to dead head plants, many of which will reward you with more flowers. Some plants like the hardy geraniums (cranesbills) benefit from a real good haircut. Once the flowers have finished, cut the plant right back so it looks like a spikey hedgehog, give it a little fertilizer and a water then wait for a burst of fresh growth and flowers later on.

In the veg patch you have just about enough time to sow some lettuce to get to maturity and of course there is still plenty of time for cut and come again crops. As you lift your potato crop (and I gather there is some blight around) remove all the weeds and rubbish, then plant some leeks or brassicas. It is too late to sow most of these now but if you have no plants grown-on yourself most garden outlets carry a range of grow your own these days. The soil should be in good heart after the potatoes so just add a little more fertilizer

cont.....

# Treleague Dairy

Local Cornish Milk “As It Used To Be”

Your local farm shop selling our own free range milk, butter, cream and pork, free range eggs, local veg and cheese, freshly baked bread daily. Hope's Bread on Thursdays, Fair Trade coffee and chocolate, Roskilly's Ice Cream, gifts and much more.

We now deliver milk, cream, butter, cheese, vegetables and bread from our shop to your door on Mondays and Thursdays. Please call to arrange.

- **Hope's Bread** is available every Thursday. Please order by 2pm on Wednesdays to reserve your choice of bread.
- **Veg boxes** available to order for pickup or delivery
- **Home-made cakes, pastries and scones.**
- **Cream Teas** made with our own delicious clotted cream, our own fresh scones, and 80% fruit Cornish jam.

Our current opening hours are:

- **10am - 6pm** every day, but opening will be extended to **9am - 7pm** during summer months.

Why not support your local farm, cut down on food miles and landfill, and enjoy fresh milk in a glass bottle from the cows you see in the fields around you.

Find us at **Treleague Farm** near the crossroads.

Phone: **01326 369123**

Text: **07520 634060**

Email: **dairy@treleague.net**



**@TreleagueDairy**

before planting out and water them in well. Water the individual plants do not just set the hose sprinkler on it, water use will be much more efficient and you will get less weed germination.

We are now past the longest day, so traditionally it is time to lift and dry your shallots. Firstly get a fork and ease it into the ground under the bulbs then just work it a little to break the roots. At this stage leave the shallots in situ. After a few days they will have wilted and started the dry back, and that is the time to lift them completely. Remove the soil and put them on some kind of rack so that air can circulate all around them and any moisture will run off. I use wire bakers' trays raised up on trestles. Some others make up a frame like a table and cover it with chicken wire. The shallots can stay there a week or two until the stems go completely brown. It may be a good idea to keep a plastic sheet handy to cover them if the weather does change for the worse.

In the greenhouse those tomatoes need regular feeding and possibly some of the lower leaves may be removed to aid air circulation and ripening of the fruit.

Probably the most important thing to do this month is to get out in the garden with a cup of tea or some other tittle which takes your fancy, sit and enjoy your garden.

## MULLION ANTIQUES

07887 955326

01326 290115

### ***ALWAYS LOOKING TO BUY***

*Costume jewellery (pre 1960's), gold and silver jewellery, scrap or broken gold, old watches, old clocks, old wooden boxes, vintage pens, silver items, canteens of cutlery, Oriental, Asian or Russian artefacts, small pieces of furniture.*

*Please feel free to telephone to discuss any items you have for sale.*

*I will happily visit you by appointment at a time to suit you.*

*Thank you.*

*Linda Wilkinson*



## Lizard Life Therapies

**Christine Whitehorn HND  
Holistic Counselling**

Let me help you to re-focus and move forward with one to one sessions covering a wide variety of problems.

Cost £30 (1 Hr)

Also available amazing cards for personal readings and crystal healing.

Cost £20 (1 hr)

Gift Vouchers now available

Please give me a call to arrange an appointment

Call **07531 258588**

[www.lizardlifetherapies.co.uk](http://www.lizardlifetherapies.co.uk)



## **DECORATING**



and general building maintenance

## **JON SPALDING**

30 years' experience – references supplied

01326 290450 07733 440436

[jonaspalding@yahoo.co.uk](mailto:jonaspalding@yahoo.co.uk)

# **CORNWALL OVEN CLEANING**

*ovens - hobs - extractors - microwaves*

- Non-Caustic, Non-Toxic cleaning products used
- Leaves no mess in your home
- Removes stubborn and burnt in grease & carbon
- Returns your oven to "like new" condition
- Your oven is ready to use as soon as we leave!

[www.cornwallovencleaning.com](http://www.cornwallovencleaning.com)

**Free: 0800 566 8804 --- Local: 01326 710107**

## July Quiz - Cornwall & The Isles of Scilly

1. The Isle of Scilly has how many inhabited islands ?
2. Whose flag is the national flag and ancient banner of Cornwall ?
3. Poet Laureate Sir John Betjeman is buried where in Cornwall ?
4. A famous art gallery opened where..... in which year .....
5. Where would you find the Valhalla Museum ?
6. In May 2012, why did Land's End received worldwide publicity ?

### Answers to the June Quiz

1. What is used as the filling for a summer pudding? *Soft fruit (such as raspberries or blackcurrants)*
2. In 'Alice's Adventures in Wonderland', what was done all on a summer's day? *Queen of Hearts made some tarts.*
3. In which capital city in the Northern Hemisphere, has almost 19 hours of daylight during the summer solstice? *Helsinki (Finland)*
4. Who wrote the song Summertime? *George and Ira Gershwin*
5. The tiny Summer Isles are a few miles Northwest of which Scottish port? *Ullapool*
6. What term is often given to a period of dry hot weather that occurs in the autumn? *Indian Summer*

*Questions set by Lydia Graham*



La petite Boulangerie.

**Authentic artisan hand made bread.**

**Stall at St Ruan, Ruan Minor TR12 7JS**

**Telephone 01326290764**

**Orders taken by 4 o'clock to be  
ready for collection from here**

**after 10:30 next morning.**

**Baguettes, Focaccia, Sour Dough, Granary,  
Plain white, Wholemeal with seeds and nuts.**

**Or rolls of any type except Focaccia.**

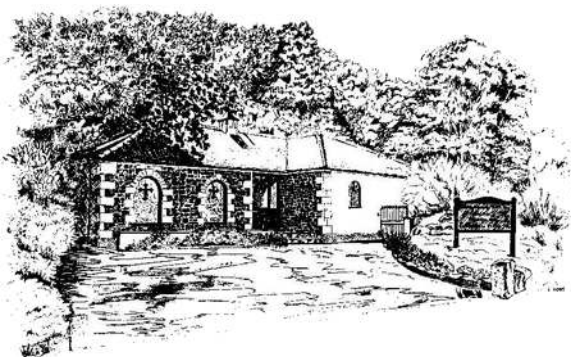
**You choose and we bake.**

**Also apricot flapjack, shortbread and cheesy scones.**

# Pendle Funeral Services

*For a caring and dignified personal service*

*Prepayment Funeral Plans accepted*



Tony and Dee Richards

FUNERAL HOME

The Firs, St Johns

Helston TR13 8HN

Tel: 01326 573080

Farthings, St Keverne

Helston TR12 6NS



## CORNISH GARDENING SERVICES

**PAUL WILLIAMS**

**All general garden maintenance**

**Lawn mowing**

**Hedge trimming**

**Light/heavy strimming**

**Pruning etc.**

**Basic DIY**

**Free quotations**

**Call Paul on:**

**Home: 01326 241960**

**Mobile: 07749 815358**

Need an Electrician?  
let me help

***ESP Installations***  
*a friendly and reliable service*

- from fixing a light  
to a complete rewire

- landlord certificates

- PAT testing

- BT wiring

- electrical problems solved

Phone Ronnie Lingard

07751 456160 or

01326 291228 (Ruan Major)

Elecsa registered.

Quality of the work guaranteed.

Part of Electrical Safety Register

[www.electricalsafetyregister.com](http://www.electricalsafetyregister.com)

**Minutes of the meeting of the Grade Ruan Parish Council meeting held at the Sunday School Room, Methodist Chapel, Ruan Minor on 14 May 2018 at 19:30.**

**1/18 Election of Chair**

**ELECTED** Cllr Preston as Chair of the Council 2018/19. Cllrs P Collins/Trewin. Unanimous. **RECEIVED** the declaration of acceptance of office.

**2/18 Election of Vice Chair**

**ELECTED** Cllr Green as Vice Chair of the Council 2018/19. Cllrs Trewin/Lee. Unanimous. **RECEIVED** the declaration of acceptance of office.

**3/18 Persons Present/Apologies**

Present: Cllrs Preston (Chair), Green (Vice Chair), Clifton, P Collins, S Collins, Fleetwood, Freeman, Lee, Stephens, Trewin.

Apologies: Cllr Bosustow.

In attendance: L Dunkley (Parish Clerk). 0 members of the press/public.

**4/18 To Receive Declarations of Interest / Dispensations.**

Cllr Green declared an interest in item 8iii: items relating to Treleague Farm.

**5/18 Public Participation.** None.

**6/18 Reports from outside bodies.** None.

**7/18 Council Meeting: Minutes 9 April 2018**

**RESOLVED** that the Minutes of the Meeting of the Council held on the above date having been previously circulated, be taken as read, approved and signed. Cllrs S Collins/Stephens. Unanimous.

**NOTED** the following matters arising:

262/17 A fully planned out litter pick of verges in the parish will be organised for March 2019.

263/17 Dog bin bags to be discussed at the next Council meeting.

**8/18 Planning Applications for consideration**

PA18/01711: Retention of WiFi Installation serving existing holiday park (14 masts in total). Parkdean Resorts UK Ltd. Sea Acres Holiday Park Kennack Sands TR12 7LT. The Council object on the grounds that the masts are visually obtrusive in a sensitive coastal location, and that permission being granted here would set a precedent for further masts and additions of – for example – lighting, on existing masts, causing

cont..

further disruption to the wider public enjoyment of the Area of Outstanding Natural Beauty. The Council further observed that as per the data sheet submitted with the application, the detail regarding Beam-Flex technology (page 4) suggests that a satisfactory level of WiFi coverage could be obtained from much lower masts (possibly 3 metres high), particularly given that the masts are in close proximity to one another. The Council commented that they would be minded to reconsider their position in the event of an application being submitted for lower masts.

#### 9/18 **Planning Applications decided since last meeting.**

PA18/00546: Demolition of existing dwelling and formation of three cottages - Amended design from extant planning permission. Chycarne Kuggar Ruan Minor Helston Cornwall [APPROVED]

*\*Cllr Green left the room*

#### 10/18 **Pre-applications, consultations and appeals.**

18/00004/REF: Proposed base station installation comprising 15m high mast and associated infrastructure at CTIL241925\_VF14533. Treleague Farm Ruan Minor TR12 7JP [APPEAL AGAINST REFUSAL DISMISSED]

17/00281/REF: Proposed Base Station Installation at CTIL241925\_TEF80921\_VF14533 - Land at Treleague Farm, Ruan Minor, Helston, TR12 7JP. Treleague Farm Ruan Minor TR12 7JP [APPEAL AGAINST REFUSAL ALLOWED]

The Council expressed concern that they were not involved or informed of the appeal and decision-making process, and that those voicing concern in the community may also not be aware of the process undertaken.

*\*Cllr Green re-entered the room*

10/18 cont. Thanks were given to Cllr Clifton and Cllr Rule CC for their representation at the Cornwall Council Planning Committee on 8<sup>th</sup> May regarding the Parish Council's objection to PA17/08110. The resulting decision of the Committee was to agree with the Parish Council and refuse permission.

National Planning Policy Framework consultation: The Council were disappointed that town and parish Councils were not consulted and that the deadline for responses had thus been missed. The Council generally concurred with the view of Feock Parish Council regarding changes and Cllr Preston and the Clerk were delegated to send a response.

#### 11/18 **Finance report and Payments**

**RESOLVED** to adopt the most recent Finance Report and authorise the

cont ...



payments of Accounts Outstanding:

EDF Energy	Lighting	19.00
Mr L Carter	Cleaning	20.00
NW Adams	Play area inspection	125.94
Ruan Minor Methodist Room hire x40 (Jan 2015 – April 2018)		400.00
Staffing		479.13

Cllrs Green/P Collins. Unanimous.

12/18 **Committees**

**APPOINTED** members to serve as follows:

Staffing committee – Cllrs Preston, Green, P Collins, Freeman.

Finance committee – Cllrs Preston, Green, Fleetwood, Freeman.

Footpaths committee – Cllrs Preston, Green, Trewin, Fleetwood, S Collins.

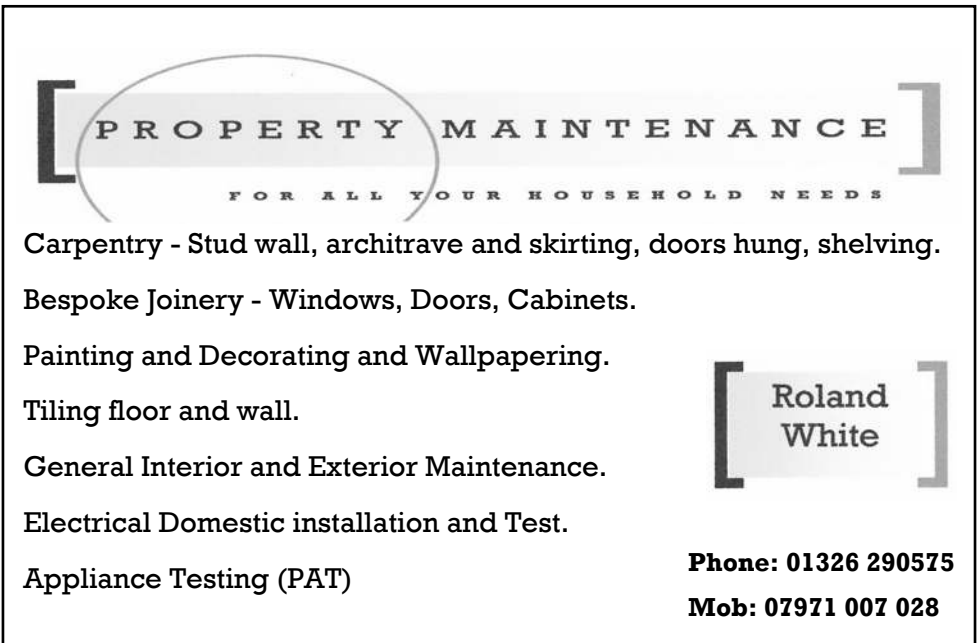
Play Area Unit Supervision committee – Cllrs Preston, Clifton, Lee, Bosustow (Non-Cllr members: Kyra Tonks, Wendy Eliot, Emma James, Victoria Johnson).

The Council dissolved the Housing committee.

13/18 **Outside Bodies**

**APPOINTED** representatives to serve as follows:

cont...



**PROPERTY MAINTENANCE**  
FOR ALL YOUR HOUSEHOLD NEEDS

Carpentry - Stud wall, architrave and skirting, doors hung, shelving.  
Bespoke Joinery - Windows, Doors, Cabinets.  
Painting and Decorating and Wallpapering.  
Tiling floor and wall.  
General Interior and Exterior Maintenance.  
Electrical Domestic installation and Test.  
Appliance Testing (PAT)

**Roland White**

**Phone: 01326 290575**  
**Mob: 07971 007 028**

Village Hall – Cllr Lee.

Recreation Ground – Cllrs Freeman, S Collins, Bosustow.

Churchyard maintenance – Cllrs Preston, Stephens.

Under 5s – Cllr Lee.

Due to inactivity, the Council will not appoint representatives to the Youth Club until further notice.

Treewardens – Cllr Preston (Non-Cllr Member: J Fletcher).

Community Network – Cllrs Freeman, Lee.

14/18 **Clerk's report**

**NOTED** the contents of the above.

15/18 **General Data Protection Regulations timetable**

**NOTED** as above and **RESOLVED** to appoint the Clerk as interim Data Protection Officer. Cllrs Trewin/Lee. Unanimous.

16/18 **Former bus shelter**

**CONSIDERED** options for use of the former bus shelter. Options to be collated and quotations for any necessary works sought. Item to appear at a future Council meeting.

17/18 **Bin relocation from former to new bus shelter**

cont...

# Mobile Hairdresser

Unisex

All services:

Cuts, perm, blow-dry, set, colour, etc.

Rebecca Langdon

07799 898003



City & Guilds

NVQ 1, NVQ 2, NVQ3

**CONSIDERED** the need as above. Further discussion to take place at a future meeting.

18/18 **Update: Grade Ruan Community Trust License**

**RECEIVED** an update as above: the document has been formally agreed by both parties and a date for signing is being arranged.

19/18 **Footpaths, Highways; Tree wardens report.**

**a) RECEIVED** an update on Cadgwith (and wider Parish) Highways issues – a meeting took place on 27<sup>th</sup> April between Cllr Preston and A Hoskin (Highways representative). Updates were given in particular on verge-trimming partnership; work outside Ruan Minor school; Signage issues for Cadgwith at main road junctions (A3083), Treleague Crossroads, and Ruan Minor; Drainage and surface repairs Cadgwith.

**b) NOTED** the commencement of the Community Network Highways fund.

**c) CONSIDERED** other reports: L Jones takes over as the new Forestry Team Leader for the area; a draft schedule map was displayed for verge and hedge trimming; R Sanders to cut grass around St Ruan's Well, and reinstate the roadside link with FP 4.

cont...



bespoke stone design + supply

Duke Stone specialises in the design and manufacture of natural stone products for home, garden and commercial projects. Our workshop handcrafts every commission and takes an individual approach to each job. We produce quality worktops, vanities, fireplaces, hearths and many other household and garden items, manufactured from your chosen material.

A selection of natural stone slabs, reclaimed items and off cut granite is on display at our workshops. We also stock a range of tiles, setts, building and landscaping materials with a sample service available.

Local and national fitting and delivery service available.

So whether it's a kitchen worktop, bathroom, fireplace or a new outdoor look you're after, please call our friendly team to discuss your project, or visit the workshop to view our selection of beautiful natural stone from Cornwall and around the world.

Unit 7A & 19 Rural Workshops, Higher Bochym, Cury Cross Lanes, Helston, Cornwall, TR12 7AZ • Tel: 01326 241111 • Email: sales@dukestoneofcornwall.co.uk •

Web: www.dukestoneofcornwall.co.uk • We are open Monday to Friday 8am-4.30pm and Saturday 9am-12 noon

20/18 **Reports from Council representatives to outside bodies.**

Community Network Panel – discussion at the last meeting included: £2.5m extra funding from Central Government to Cornwall Council for pothole repairs; 3 tri-service officers were currently active in Cornwall with an aim of 20 being trained; Cllr advocates are being sought to liaise with police (none forthcoming from Grade Ruan); a campaign to designate Cornwall a National Park.

Grade Ruan Community Trust – a request has been made to add the emptying of an additional dog waste bin to the Council contract, with the Trust covering the cost. Council were agreeable to this.

21/18 **Notification of meeting/items for agenda: 11 June**

Annual Return and audit procedures; Dog waste bags; Play area access gate repairs; bin relocation(s); former bus shelter; CNP Highways budget; External decoration at the surgery; Mundys Field car park.

22/18 **Public Bodies (Admission to Meetings) Act 1960.**

**RESOLVED** that in view of the confidential or special nature of the business about to be transacted it is advisable that the press and public be excluded and instructed to withdraw during the discussion for the following items: Quotations. Cllrs Fleetwood/S Collins. Unanimous.

**INCOME TAX  
CONSULTANT**

Specialising in  
completing accounts,  
Income Tax returns,  
VAT etc  
for individuals  
and small businesses.

**E M TOMLINSON**  
**01326 241049**

23/18 **Grass cutting contract**

**RECEIVED** one quotation for grass and hedge maintenance at the Play Area and a verbal quote for interim maintenance at Mundys Field car park. **RESOLVED** to appoint Ruan Minor FC to undertake the work. Cllrs Clifton/Trewin. 9 voted in favour, 1 against: Cllr P Collins.

24/18 **Insurance renewal**

**RECEIVED** two quotations (four were requested) for the Council's insurance requirements from 1st June 2018 and **RESOLVED** to renew with BHIB. Cllrs Lee/P Collins. Unanimous.

The meeting closed at 21:50.

# SURGERY HOURS

## Ruan Minor Surgery - 290852

Monday	9am - 12 noon
Tuesday	2pm - 5.30pm
Wednesday	CLOSED ALL DAY
Thursday	2pm - 5.30pm
Friday	9am - 12 noon

## Lizard Surgery - 290415

Monday	2pm - 5.30pm
Tuesday	9am - 12 noon
Wednesday	CLOSED ALL DAY
Thursday	9am - 12 noon
Friday	2pm - 5.30pm

## Mullion Health Centre - 240212

Mon	8.30am - 6pm
Tue	8.30am - 6pm
Wed	8.30am - 6pm
Thu	8.30am - 6pm
Fri	8.30am - 6pm

All Surgeries will be closed on the following bank holidays:

New Year's Day	Good Friday
Easter Monday	Early May Bank Hol
Spring Bank Holiday	Summer Bank Holiday
Christmas Day	Boxing Day

# NUMBERS YOU MIGHT NEED

ST RUAN WITH GRADE  
Churchwarden: Sheila Stephens  
290583

ST MICHAEL'S, MULLION &  
ST MARY'S, HELSTON.  
Fr. Kenwick  
312763

METHODIST MINISTER  
Rev Fran Lane  
240200

SURGERY  
Mullion  
240212  
Ruan Minor  
290852  
Lizard  
290415  
Out of Hours  
240212  
NHS Direct  
111

POLICE  
Helston Police Station  
08452 777444  
Emergency calls  
999  
Non urgent calls  
101  
Crimestoppers  
0800 555111

MOBILE LIBRARY  
0300 1234111  
GRADE-RUAN UNDER FIVES  
Clare Tipper  
07929 902938

GRADE-RUAN C OF E SCHOOL  
Secretary  
290613  
MULLION SCHOOL  
240098

GRADE RUAN PARISH COUNCIL  
Chairman: Jeb Preston  
07964215277

CORNWALL COUNCILLOR  
Carolyn Rule  
240144

VILLAGE HALL BOOKINGS  
Liz Outten  
290910

RUAN MINOR STORES & POST  
OFFICE  
Claire Bollard  
290138

RECREATION GROUND  
COMMITTEE  
Chairman: Mike Fleetwood  
290365

RUAN MINOR FOOTBALL CLUB  
Gary Pollard  
290602

CADGWITH GIG CLUB  
Secretary: Mike Hardy  
290282

NATIONAL TRUST  
Lizard Office  
222170

# ADVERTISERS' INDEX

B&B Accommodation	p27	Property Maintenance R. White	p49
Cadgwith Cove Cottages	p16	RE Tonkins <i>Funeral Directors</i>	p10
Cadgwith Cove Inn	p55	RH Jane & Sons <i>Decorators</i>	p18
Chenpump UK Ltd	p14	Rocksolid Landscapes	p23
Christophers <i>Estate Agent</i>	p17	Ruan Minor <i>Post Office &amp; Store</i>	p56
Cornish Chough Brewery	p20	Smugglers Fish & Chips	p10
Cornish Gardening Services	p46	South West Thatching	p34
Cornwall Oven Cleaning	p44	St. Mary's Church	p7
Crafty Slice	p14	Stitch & Sew	p35
Duke Stone	p51	Telstar Taxis	p12
ESP Installations - <i>Electrical</i>	p46	The Old Cider Barn	p37
Flow Patrol - <i>Drainage</i>	p14	Tree Surgeon, LH Williams	p38
Gryphon Computer Support	p22	Trealeague Dairy	p42
Income Tax Consultant	p52	Village Hall	p8
J&L Garden Machinery	p20	Walled Garden Spa	p18
James Picture Frames	p54	Watch House	p24
Jon Spalding <i>Builder</i>	p44		
Jumunjy Garden Services	p12		
Jumunjy Thai Cuisine	p2		
Kuggar Stoves	p16		
La Petite Boulangerie	p45		
Landrивick Farm	p32		
Leggy's Pasties	p18		
Lizard Life Therapies	p43		
Maryam Best - <i>Counsellor</i>	p40		
Mobile Hairdresser- Rebecca	p50		
Movewell Therapy	p32		
Mullion Antiques	p43		
Mullion Mechanics	p40		
Norbert Varga <i>Electrician</i>	p39		
<b>Pavilion Bar - NEW</b>	<b>p7</b>		
Pendle Funeral Services	p46		
Physiotherapy- Helston	p38		
Polurrian Bay Hotel	p6		
Private Car Hire - Martin Ellis	p33		

## James Picture Frames

*Quality Bespoke Framing  
for artwork, posters, prints,  
sports shirts, canvas, maps,  
photos & cross stitch*



**James Anderton**

Trelawne  
Churchtown, Mullion  
HELSTON  
TR12 7BT

**07534 060 200**

**jamespictureframes@gmail.com**



# The Cadgwith Cove Inn

*As seen on 'The Fisherman's Apprentice'  
and 'Coastal Path'*

*Historic pub, serving a great selection of drinks, snacks and meals all year round.  
Also offering B&B with en-suite rooms, sea view and private entrance.*

## **Garry and Helen would like to update you on What's New for July**

### **Wimbledon 2<sup>nd</sup> – 15<sup>th</sup> July**

Pimms, G&T's, Strawberries & Fresh Cream

### **Annual Charity Folk Day Saturday 14<sup>th</sup> July**

Music Midday until Midnight!

Everyone welcome to sing/play/dance/listen!

..... **SAVE THE DATE!** .....

### **Annual Cornish Drinks Festival 5<sup>th</sup> - 8<sup>th</sup> October**

Taste any 3 Ales/Ciders for the Price of a Pint  
Live Entertainment all weekend

**Please continue to support The Cadgwith Cove Inn to  
ensure it remains the social hub of our community.**

**We look forward to seeing you all very soon**

**Cadgwith, Helston, Cornwall. TR12 7JX**

*Telephone - 01326 290513 Website - [www.cadgwithcoveinn.com](http://www.cadgwithcoveinn.com)*

*Email - [garryandhelen@cadgwithcoveinn.co.uk](mailto:garryandhelen@cadgwithcoveinn.co.uk)*

*Facebook and Twitter - [cadgwithcoveinn](https://www.facebook.com/cadgwithcoveinn)*



# Summer Special!

During July and August we have decided to trial a Saturday Breakfast Club. So, if you fancy a lazy start to your weekend, or need a cure for Friday nights' over indulgence, then why not pop in and let us pamper you!

## **Saturday Breakfast Club Menu** (available from 9am to 11am)

Danish pastry

Croissant with or without jam

Hot buttered sourdough toast with a choice of Boddingtons jam or marmalade

The Store deluxe muesli with natural yoghurt and blueberries

Deli farm charcuterie selection with fresh bread and olives

Soft scrambled eggs on sourdough toast with...

Vine roasted tomatoes / Kernow sausage company bacon / seaweed flakes

The Café smoked bacon sourdough sarnie

All washed down by our fabulous coffee, hand roasted here in Cornwall,  
Smugglers Brew tea or orange juice.

**Telephone 01326 290138**